

# PARKRUN SOUTH AFRICA

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Cape Town & The Garden Route - 12 Days

*designed for*  
parkrunners





# WHY EXODUS

It all began in 1974 with two men and one dream: the desire to travel to far-flung parts of the world, interact with local people and learn more about the amazing planet we all live on. Delving into local traditions, cultures, cuisines and history is what we love, what we're passionate about, and what we're constantly striving to share with our clients.

This ethos has stayed with us for over 40 years and we are now pleased to offer more than 500 sensitively run itineraries to over 100 countries worldwide.

Below you'll discover a little more about how we operate.

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**EXPERTS:** We've been doing this for over 40 years - and we remain as driven, passionate and committed to creating brilliant holidays as we ever have.

**SECURITY:** Exodus hold an Air Traffic Organisers License (ATOL no. 2582), we're also bonded to IATA, and are members of ABTA and FTO. So you know that when you book with Exodus you're fully protected and in safe hands.

For more information visit [www.exodus.co.uk/about-exodus](http://www.exodus.co.uk/about-exodus)

**TRUST:** You'll find over 10,000 reviews of our holidays online. None modified, deleted or hidden. We learn from your feedback and believe that's why 97% of our customers would recommend us to a friend.

**FLEXIBILITY:** Want to upgrade your flights? Spend a week relaxing on a beach after your trip? Anything is possible. Speak to one of our experts about flexible travel options and let's make it personal.

**SAFETY:** We'll meet you from the airport, get you safely from place to place, and provide you with the right kit to tackle every thrilling activity.

**VALUE:** We have always offered the best experience at a fair price. Our itineraries include the day to day excursions as detailed, meaning you won't have any sudden costs experienced on your trip.

**RESPONSIBLE:** We always remember that we are only ever guests to the places we visit. We travel courteously, and are always working to improve our impact and give back to communities across the globe.

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## BOOK WITH CONFIDENCE:







## OUR QUOTATION:

Exodus and parkrun are pleased to offer you this itinerary and quote for your next adventure to South Africa!

Inside these pages you'll find the package inclusions and price, trip overview, day-by-day itinerary, trip preparation advice and what your next steps will be.

### PRICE PER PERSON:

PACKAGE	COST	DURATION
Flight Inclusive	£2,499	14 Days
Land Only	£1,399	12 Days

### PACKAGE INCLUDES:

All transfers (hydrofoils, private and public buses)  
Accommodation as described in the program  
All breakfasts  
All transport and listed activities  
Tour leader throughout

### FLIGHTS:

#### South African Airways

SA235 21OCT London Heathrow to Johannesburg 1900 0705+1  
SA405 22OCT Johannesburg to Port Elizabeth 1055 1230  
SA354 02NOV Cape Town to Johannesburg 1645 1840  
SA234 02NOV Johannesburg to London Heathrow 2055 0625+1

### PLEASE NOTE:

Prices shown are on a twin-share basis  
Single Supplement £335 (subject to availability)  
Minimum group size based on 10 people

### HOW TO BOOK.

If you would like to join Exodus and parkrun, then please note that a deposit amount of £150 per person or 10% of the trip cost, whichever balance is greater, will confirm your booking with Exodus. Full payments are due 60 days before departure. Please contact Paula at Exodus, her details are:



PAULA MASON

**+44 (0) 208 772 3929**

**PMason@exodus.co.uk**



## TRIP OVERVIEW:

This journey brings us from Port Elizabeth to Cape Town following the famous Garden Route. Along the way we take in fantastic wildlife, beautiful beaches, rainforests, deep canyons, rolling hills, endless vineyards, quaint towns, vibrant cities, and one of the most spectacular coastlines in the world. This trip takes in the best of one of South Africa's greatest regions, packing in surprising diversity. In season (August-November) this is also the best place on Earth to watch whales right from the shoreline.

### DAY TO DAY ITINERARY:

#### DAY 1: 22nd October 2019

Start Port Elizabeth; transfer to Sundays River Valley

#### DAY 2: 23rd October 2019

Game drives in Addo National Park

#### DAY 3: 24th October 2019

Drive to Storms River; explore Tsitsikamma

#### DAY 4: 25th October 2019

Free day to relax, walk or explore the region

#### DAY 5: 26th October 2019

Morning visit Knysna Heads; afternoon to Oudtshoorn

#### DAY 6: 27th October 2019

Visit Cango Caves and ostrich farm

#### DAY 7: 28th October 2019

To Hermanus via Mossel Bay

#### DAY 8: 29th October 2019

Free day; whale watching in season

#### DAY 9: 30th October 2019

To wine region; afternoon wine tour and on to Cape Town

#### DAYS 10-11: 31st October - 1st November 2019

Two days exploring Cape Town, Table Mountain, the Cape Peninsula and Simonstown penguins

#### DAY 12: 2nd November 2019

Cape Town parkrun & Departure





# DAY BY DAY ITINERARY

## DAY 1: 22ND OCTOBER 2019



**Accommodation:** Avoca Guest Farm  
**Meals:** None

The group flight generally arrives early afternoon. Land only passengers can meet the rest of the group at the airport; upon arrival we will transfer about 1hr to the Sundays River Valley and the lovely Avoca Guest Farm. The rest of the afternoon is free to relax amidst this bucolic setting.

## DAY 2: 23RD OCTOBER 2019

**Accommodation:** Avoca Guest Farm  
**Meals:** Breakfast

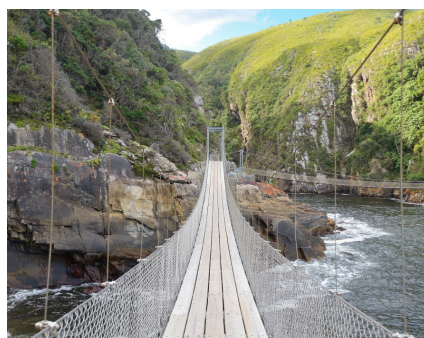
This morning we head to Addo Elephant National Park. The third largest national park in South Africa, Addo is home to some 550 elephants (up from a mere 16 when the park was initially set up) as well as Black rhino, leopards, lions, buffalos, hyenas, zebras, various antelopes and dung-beetles.

We will enjoy game drives (in our own vehicle) in the park and have the option of a 2nd game drive as well (at extra cost).

## DAY 3: 24TH OCTOBER 2019

**Accommodation:** Storms River Mouth Camp  
**Meals:** Breakfast

Today we start heading west to the official start of the Garden Route at Storms River and Tsitsikamma National Park. Stretching along the coast, the park gets its name from a local word meaning 'place of abundant water.' The park is made up of rocky coastlines, fairy-tale forests, waterfalls and rivers. We have the opportunity to hike in the forest and along suspension bridges. The area is also a great place for bird-enthusiasts with a variety of sea, forest and fynbos (scrubland) species present.







# DAY BY DAY ITINERARY

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## DAY 4: 25TH OCTOBER 2019

**Accommodation:** Storms River Mouth Camp

**Meals:** Breakfast

We spend the day at Tsitsikamma where a number of hikes are available as well as other activities (though some may be dependent on the weather conditions such as canoeing).



## DAY 5: 26TH OCTOBER 2019

**Accommodation:** House Martin Guest Lodge

**Meals:** Breakfast

We start our day with a visit to the Knysna Heads, two tall sandstone cliffs which form a channel through which the turbulent Indian Ocean enters the calmer Knysna Lagoon. We have a bit more time to relax in town before leaving for Oudtshoorn after lunch.

As we head inland and over a pass the landscape changes drastically and we enter the Little Karoo, a much dryer and hotter region. Oudtshoorn itself became famous thanks to the trade in Ostrich feathers and is still, today, the ostrich capital of the world.

Our Guest House is situated out of town in the tranquil rural Karoo village of De Rust.





# DAY BY DAY ITINERARY

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## DAY 6: 27TH OCTOBER 2019

**Accommodation:** House Martin Guest Lodge  
**Meals:** Breakfast,

Today we spend all day in and around Oudtshoorn. We start by visiting the Cango Caves, an extensive complex of caverns with stalactites and stalagmites. After lunch we visit a local ostrich farm where we learn more about these wondrous birds. (the order in which we do these activities may be reversed).

## DAY 7: 28TH OCTOBER 2019

**Accommodation:** Windsor Hotel Apartments  
**Meals:** Breakfast

Returning towards the coast we make a stop at Mossel Bay and the Dias museum complex celebrating the influence of early Portuguese sailors on S. Africa and the location of the Post Office Tree (an old milkwood tree which was used to leave messages for passing ships since 1500). We then continue to Hermanus, famed as the whale capital of the world.

## DAY 8: 29TH OCTOBER 2019

**Accommodation:** Windsor Hotel Apartments  
**Meals:** Breakfast

Today is a free day to relax and enjoy Hermanus. From late August to November Southern Right whales are easily spotted from shore as they frolic in Walker Bay. A whale crier sounds his kelp horn when he spots whales off the coast. Those who want can also do a boat-based whale watching trip.

There are also a number of other activities available from hikes to river cruises and lagoon-kayaking which are available year-round.

## DAY 9: 30TH OCTOBER 2019

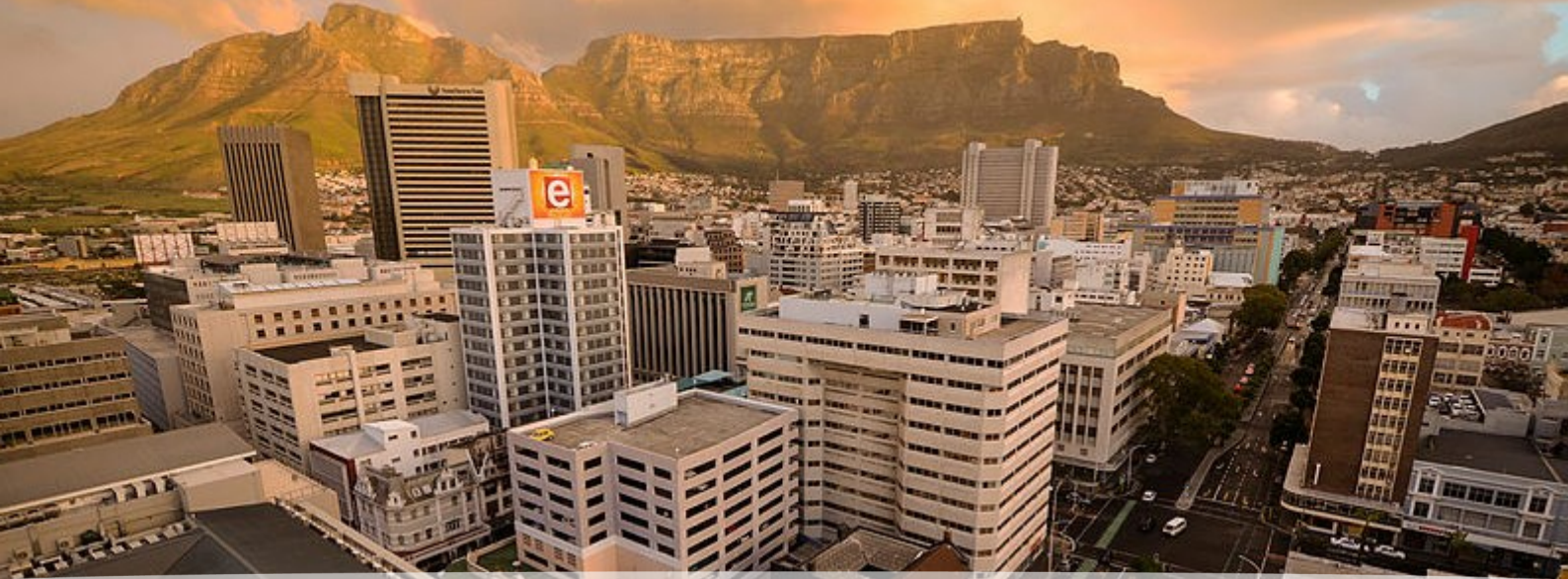
**Accommodation:** Sweetest Guest House  
**Meals:** Breakfast

Our next destination is South Africa's famed wine region. The wine industry, which dates back to the 17th Century and was heavily influenced by French Huguenots, produces some of the best wines in the world. We will have the opportunity to taste some of these wines before continuing to Cape Town, the Mother City.

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# DAY BY DAY ITINERARY

## DAYS 10-11: 31ST-1ST NOVEMBER 2019

Accommodation: Storms River Mouth Camp  
Meals: Breakfast



## DAY 12

Accommodation: Depart Cape Town  
Meals: Breakfast

On our final day we head to Greenpoint Park. Enjoy an easy and fun 5Km parkrun with magnificent views of Cape Town. You may wish to take a stroll along Victoria and Alfred Waterfront before your transfer to the airport and departure flight.

We spend the next two days in and around Cape Town, Africa's most exciting city. Our activities in Cape Town will, to some extent, be dictated by the weather as visits to the top of Table Mountain, which has its own micro-climate, are determined by cloud cover and wind. Because of this, often, temperamental weather, it is best not to pre-book the cable car but to just buy tickets on the spot (not included) Those who are staying longer in Cape Town post-tour may opt to visit Table Mountain later if the weather looks as though it may be better then.

There is also the option of visiting Robben Island on one of the days, however we recommend you pre-book Robben Island with us before the trip (but pay the tour leader locally).

On one of the days we head down the Cape Peninsula. We follow the Atlantic Seaboard past the areas of Camps Bay, Llandudno and Hout Bay to the Cape Point via Chapman's Peak drive, if it is open. The highlight of the day is our visit to the famous Cape of Good Hope Nature Reserve, which covers an area of 7680 hectares. The reserve is home to eland, bontebok, grysbok, springbok, wildebeest, baboon and ostrich. Rugged cliffs, unspoilt beaches, shipwrecks and beautiful flora are the main features of the reserve. We will go on a walk through the reserve for approximately two hours. We first take a walk to the old lighthouse for the panoramic views, before following the pathway to the new lighthouse which offer spectacular cliff views. We then follow the downhill path to the Cape of Good Hope and the iconic board showing the most Southern Western point of the African continent where the Indian and Atlantic Oceans meet. Once we leave the park we stop at the former Royal Navy base at Simonstown and take time to visit the resident penguin colony at Boulders Beach.







# PREPARING FOR YOUR TRIP



## BOOKING CONDITION

Please read the Exodus Booking conditions and let us know if you have any questions about the itinerary and quote. Please note, small deviations in the tour program are sometimes necessary, depending on weather, road conditions, flight schedules and room availability.



## PACKING ADVICE

We have produced a Universal Packing List which we hope will assist you in preparing for your trip. This should be read in conjunction with the What to Take section of the Trip Notes.



## PASSPORT & VISA

We advise that passports should be valid for at least 6 months after your return date and should have at least 2 clear pages for entry stamps, as this is a requirement in a number of destinations. Please ask your consultant for any details regarding any visas required for your holiday. Non-British passport holders should check requirements with the relevant consulate or embassy.



## TRAVEL INSURANCE

If you have not purchased insurance at this stage, please note that to travel on any Exodus holiday you must have adequate cover for the activities involved.

If you are booking from the UK: please contact us on [specialistsales@exodus.co.uk](mailto:specialistsales@exodus.co.uk) or 0208 772 3874. The full policy details are available [here](#).

If you are booking from the US & Canada, please contact Arch Insurance Solutions to arrange a suitable policy.

If you are booking from Australia, NoWorries Insurance is our preferred provider of adventure travel insurance. Whilst on an Exodus holiday, NoWorries Travel Cover specifically insures against all activities undertaken across our entire range of tours. Simply use the PROMO code EXODUSNOW (or EXODUSTOUGH for all Tough and Tough + graded Exodus tours) and you'll save 5% on their standard online price.



## PRE-EXISTING MEDICAL CONDITIONS

If you have any pre-existing conditions or disabilities, you should contact your travel insurance provider's medical screening helpline. We would also strongly suggest that you discuss all medical conditions and any medication you are taking with your tour leader at the start of your trip. It is a requirement of joining an Exodus trip that any pre-existing medical conditions which may affect your safe participation are declared within 14 days of receiving your booking confirmation, so if you have not passed on the relevant information already, please contact our Customer Services team on [customerservices@exodus.co.uk](mailto:customerservices@exodus.co.uk) (quoting your booking reference) to provide further details.



## DIETARY REQUIREMENTS

If you did not mention any specific dietary requirements at the time of booking, please provide details to our Private Adventures team on [specialistsales@exodus.co.uk](mailto:specialistsales@exodus.co.uk) as soon as possible so we can pass them on to our local partners and any airlines, if applicable.



## RESPONSIBLE TRAVEL

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## CUSTOMER CHARTER

Travelling should not only be about the destination, but also about how you get there. From the excitement of making that initial research and paying your deposit, through to the trip itself and even after you return home, every stage is a part of your journey with us. Here at Exodus, we are committed to doing everything we can to make this journey as enjoyable as possible and, in order to help us achieve this, we have launched our Customer Charter, which defines what you can expect from Exodus and sets out what we aim for each time you travel with us.



# RESPONSIBLE TRAVEL

At Exodus we have always believed in three simple guiding principles for the way in which we want to travel.

- *We realise that every destination is someone else's home*
- *We should leave places as we would like to find them*
- *We should ensure that communities benefit from our visit*

Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs.

The last few decades have been dotted with disaster stories where tourism has resulted in over-development, destruction of environments and in cultural misunderstandings and mistrust. It has also recently been embroiled in the debate about global warming and carbon emissions caused by flying. At Exodus we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges.

The following are the key points in our philosophy:

**IMPACT:** *Small groups have less impact on local communities and environments.*

**INVESTMENT:** *Where possible we believe in putting money directly into the communities we visit by using locally owned and run accommodation and eating locally produced food.*

**FAIR:** *We are careful to ensure that local staff and operators receive a fair rate for their services.*

**TRAINING:** *We encourage our own staff to take an active interest in responsible and sustainable tourism and train them accordingly so that they can put our policies into practice.*

**CONSERVATION:** *We endeavour to ensure that our practices help in the environmental conservation of the areas we visit, and have staff actively raising large amounts of money for the cause.*

**ADVICE:** *We provide our clients with advice and guidelines on how to respect the social, cultural and religious beliefs of local communities, whether that be in trip note literature or on trip.*

To find out more about our philosophies and projects please visit:  
[www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)

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